

OMSMAF

NEWS BRIEF

Your best shot at
beating the flu



WHY GETTING THE FLU VACCINE IS A SMART IDEA.

Getting the flu vaccine during the ongoing COVID-19 pandemic is more important than ever. Not only does it help to prevent contracting the unpleasant flu virus, it will also reduce the burden of flu illnesses on the healthcare system and conserve scarce medical resources for the care of people with COVID-19.

Flu vaccination is particularly important for people who are at risk for serious complications from the flu, especially those with chronic conditions such as chronic lung conditions, cardiac conditions and diabetes, amongst others. Please note that the flu vaccine does not help in preventing you from getting COVID-19.

The flu vaccine offers many benefits.

- **It can help to protect you against the flu.**
- **It can help reduce the severity of flu-like illnesses.**
- **It can reduce the likelihood of being hospitalised with flu complications.**
- **It can even reduce the risk of flu-related death in children and adults.**

Yours in health and wellness

Julia le Roux

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